

NUS STUDENTS' SPORTS CLUB

RunNUS
Race
Booklet
2019

8 SEPTEMBER 2019
630AM TO 1130AM
NUS U TOWN GREEN

INTEGRATE. IGNITE. INSPIRE



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DIRECTOR'S MESSAGE



On behalf of RunNUS 2019 Organising Committee, I would like to express our deepest appreciation to you - the participants, volunteers, sponsors, and our various stakeholders. RunNUS 2019 would not be possible without you! I would also like to express our heartfelt gratitude to our Guest of Honour, Minister Grace Fu, and Special Guest, Dr. William Tan, for gracing our event.

2019 marks the 13th year that NUS Students' Sports Club organises RunNUS. In line with the Club's vision, we believe that sports can be enjoyed by everyone, and RunNUS seeks to encourage inclusivity in sports. This year we continue our efforts in organising a meaningful run by inviting Persons with Disabilities/Special Needs (PWDSNs) to join us in our 3km RunwithUS Challenge. This year, we're glad you decided to 'Run For A Cause' as proceeds from RunNUS 2019 will be donated to the Disabled People's Association.

To celebrate Singapore's Bicentennial, we are pleased to announce the collaboration between RunNUS, NUS, ActiveSG, and HPB. NUS President Professor Tan Eng Chye will also be launching the Healthy Campus Initiative at RunNUS 2019.

This year's post-race carnival is in collaboration with multiple stakeholders to bring you a wide array of booths, ranging from educational, food, disability simulations and carnival games. It will most assuredly be a fun-filled and meaningful experience at RunNUS 2019!

We hope you will enjoy your run and post-race carnival as much as we have enjoyed planning them for you! Thank you once again, and we're really excited to see you on 8th September 2019!

Kelly Teh Kai Li
Project Director
RunNUS 2019



ABOUT RUNNUS

RunNUS is an annual running event organised by the NUS Students' Sports Club to promote a healthy and active lifestyle among the NUS population and the public. Since its inception in 2007, RunNUS has become one of the biggest and most anticipated event for NUS students, staff, and alumni.

This year, RunNUS is partnering with the Disabled People's Association (DPA). With our tagline, 'Run For A Cause', we aim to empower and include the community of People with Disabilities/Special Needs (PWDSNs) through our 3km RunwithUs Challenge.

Every year, RunNUS achieves great support from our participants coming from within NUS, Alumni, and members of the public. This year, we continue to encourage everyone to run for a meaningful cause with us!





ABOUT NUS STUDENTS' SPORTS CLUB

Our Mission

1. To promote Recreational Sports through active engagement with the NUS Community to enrich Student Life
2. To value-add and support Member Clubs as well as Sports Club Projects, ensuring quality and excellence

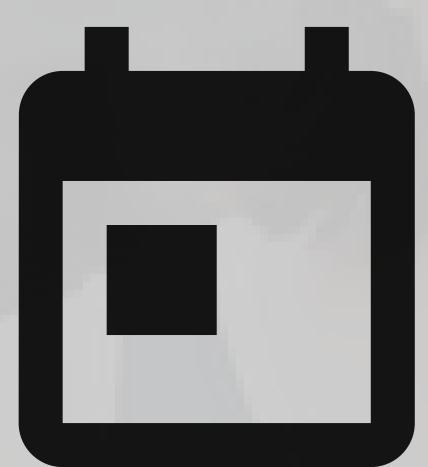
Our Vision

To be the leading platform for promoting community bonding through recreational sports

The National University of Singapore Students' Sports Club (NUSSSC) is one of the largest and most active student organizations on campus. NUSSSC comprises three entities – the Management Committee, Member Clubs, and Sports Club Projects. The Management Committee works closely with the Member Clubs and Sports Club Projects to cater to the recreational sporting needs of the NUS community.

Established in 1979, our Club now boasts a family of 18 Member Clubs, classified accordingly into Martial Arts, Land, Indoor, and Water sports. We also spearhead a number of major sports events to encourage healthy and active living in our participants, as well as to lower barriers of entry into sports. These Sports Club Projects occur annually, namely NUS Biathlon, SunNUS, NUS Sports Camp, NUS Inter-Faculty Games, and RunNUS.

RACE INFORMATION



8 SEPTEMBER 2019
SUNDAY



0630-1130

BUNNUS
RUN FOR A CAUSE

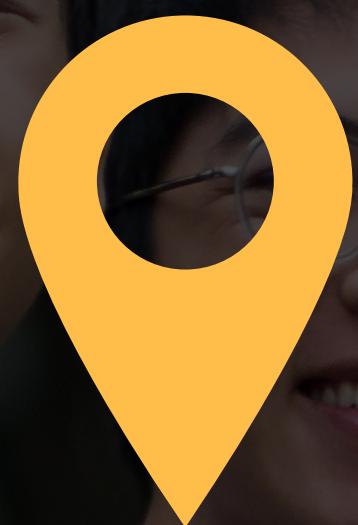
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NUS U TOWN
GREEN

bit.ly/utownvenue



RACE PACK COLLECTION



NUS MULTI PURPOSE
SPORTS HALL 1

bit.ly/mpshvenue



AUG 17 1400-1900

23 1700-2100

24 1100-1500

30 1700-2100

31 1100-1500

RACE PACK COLLECTION

1. BOARD BUS 95, A1 OR D2 AT THE BUS STOP OUTSIDE KENT RIDGE MRT STATION TOWARDS NUH, EXIT A
2. ALIGHT AT UNIVERSITY HEALTH CENTRE, 3 STOPS AFTER KENT RIDGE MRT BUS STOP
3. WALK ALONGSIDE PATHWAY BESIDE UNIVERSITY SPORTS CENTRE'S POOL

WAVE TIMINGS

Race Category	Holding Area Opening	Wave Timing	Bib No.	Bib Colour
10KM	0655	0700	B1001-B1010 A1501-A1505	
	0700	0705	B1011-B1029 A1506-A1524	
	0705	0710	B1030-B1083 A1525-A1546	
	0710	0715	B1084-B1106 A1547-A1563	Blue

WAVE TIMINGS

Race Category	Holding Area Opening	Wave Timing	Bib No.	Bib Colour
15KM	0725	0730	B5001-B5027 A5501-A5532	
	0730	0735	B5028-B5049 A5533-A5541	
	0735	0740	B5050-B5111 A5542-A5574	
	0740	0745	B5112-B5154 A5575-A5583	Green

WAVE TIMINGS

Race Category	Holding Area Opening	Wave Timing	Bib No.	Bib Colour
3KM	0925	0930	3001-3060	
	0930	0935	3061-3110	Yellow
	0935	0940	3111-3200	

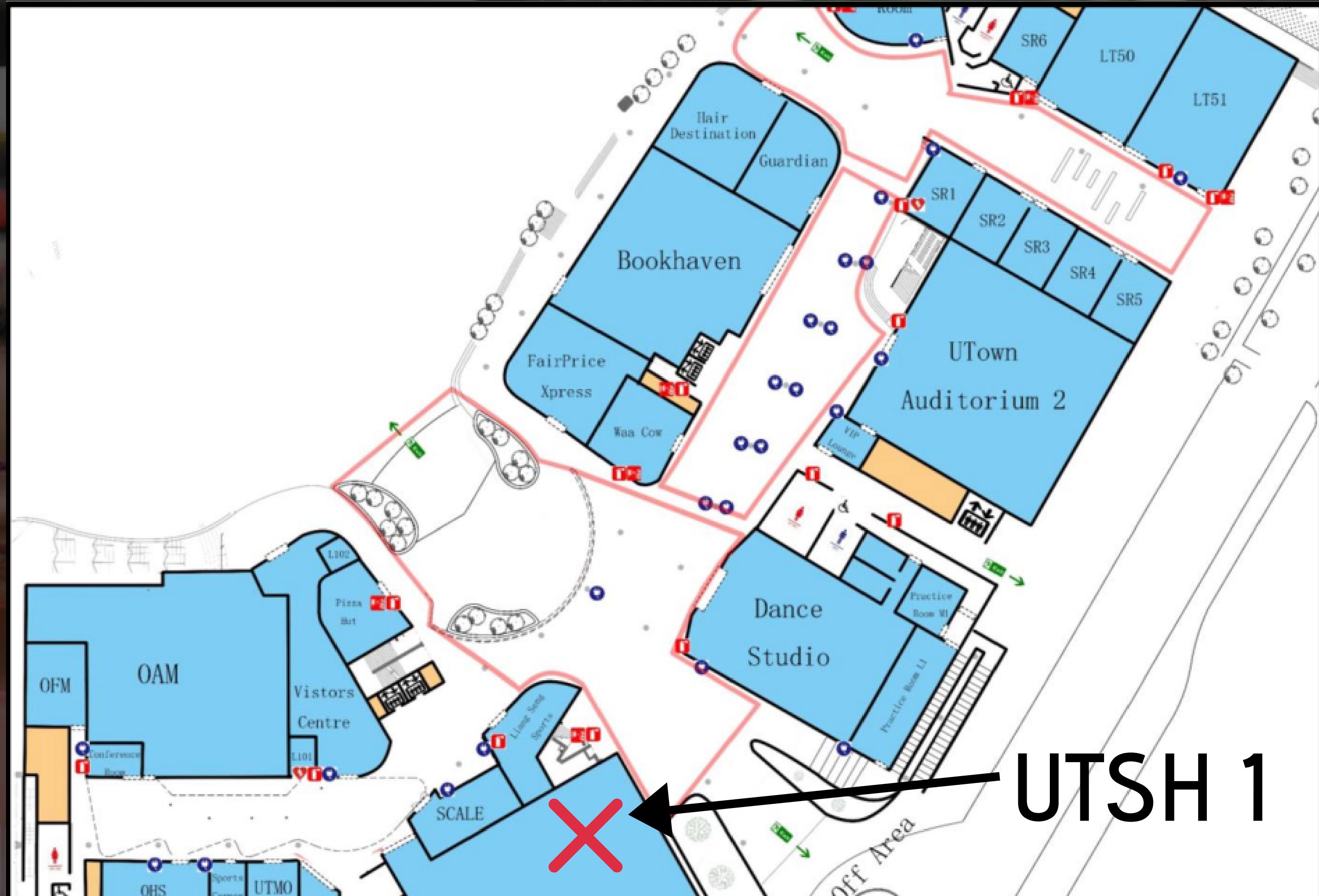
*if a participant's bib does not fall within the range, he/she is free to join any wave.

WAVE PACERS

Race Category	Wave Flag off Timing	Pacer Timing
10KM	1 0700 2 0705 3 0710 4 0715	50 min 60 min 70 min No Pacer
15KM	1 0730 2 0735 3 0740 4 0745	90 min 100 min 110 min No pacer

*for 10KM and 15KM competitive runners (i.e. competing for top prizes), please join the FIRST wave of your category.

BAGGAGE DEPOSIT



bit.ly/utsh1venue

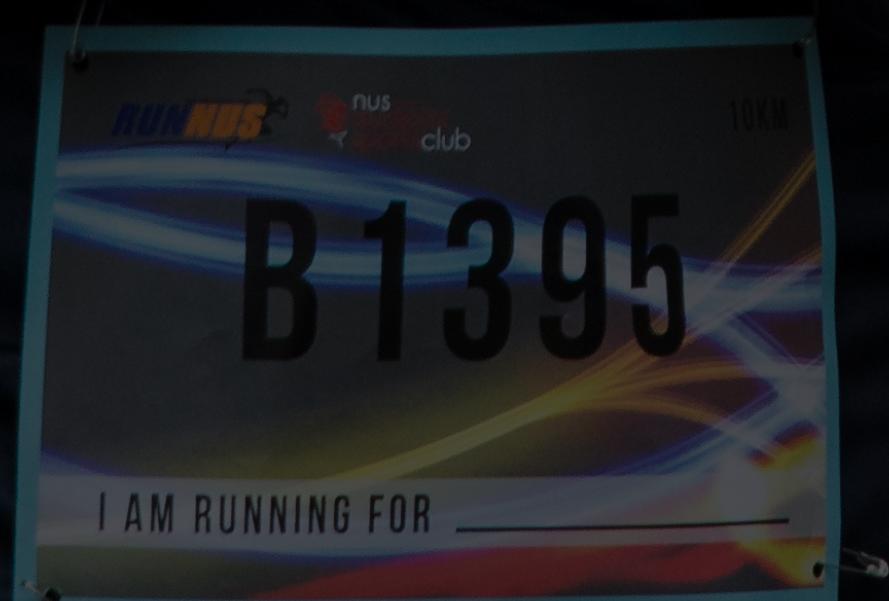
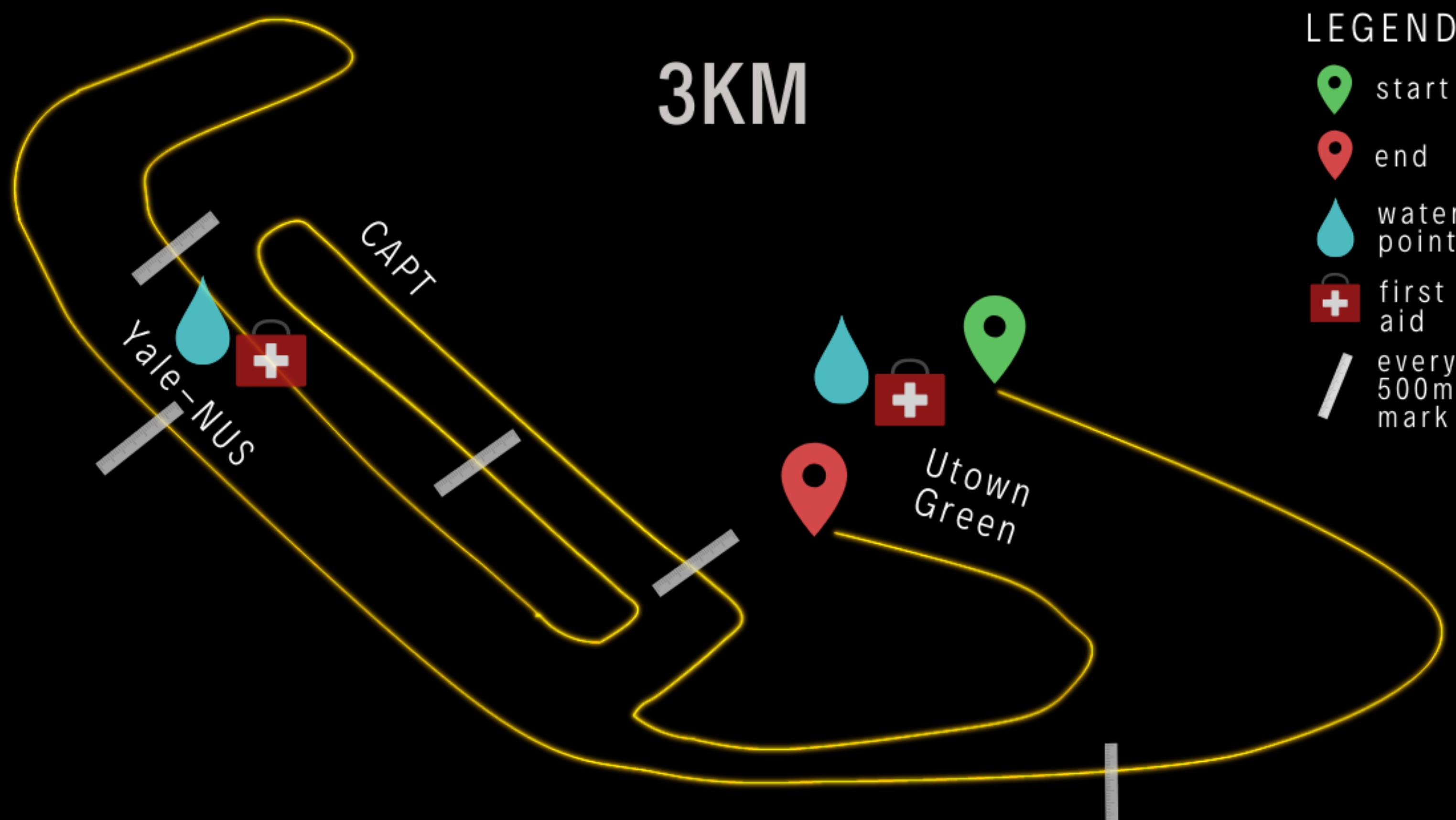
Baggage deposit counters will be located at University Town Sports Hall 1 (Ground Level of Stephen Riady Centre). Registration would be outside UTSH 1

RACE ROUTE

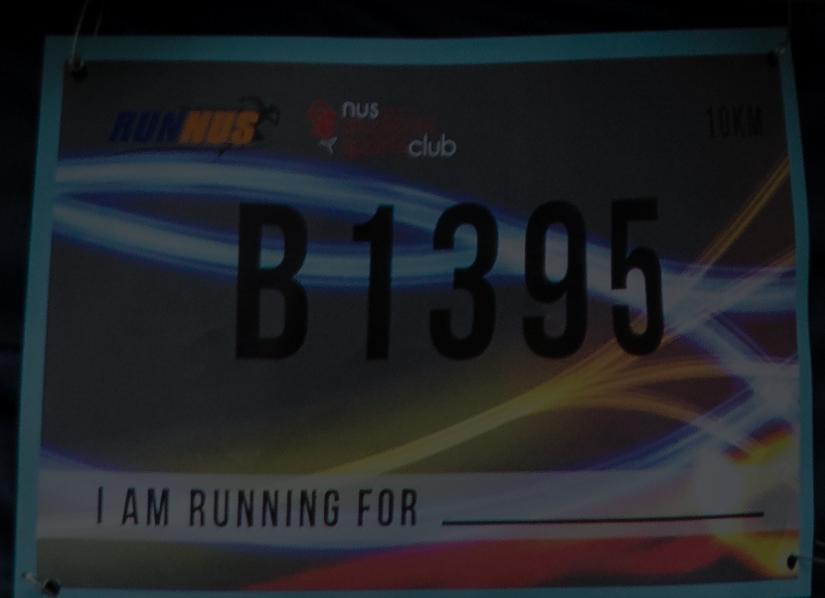
3KM

LEGEND

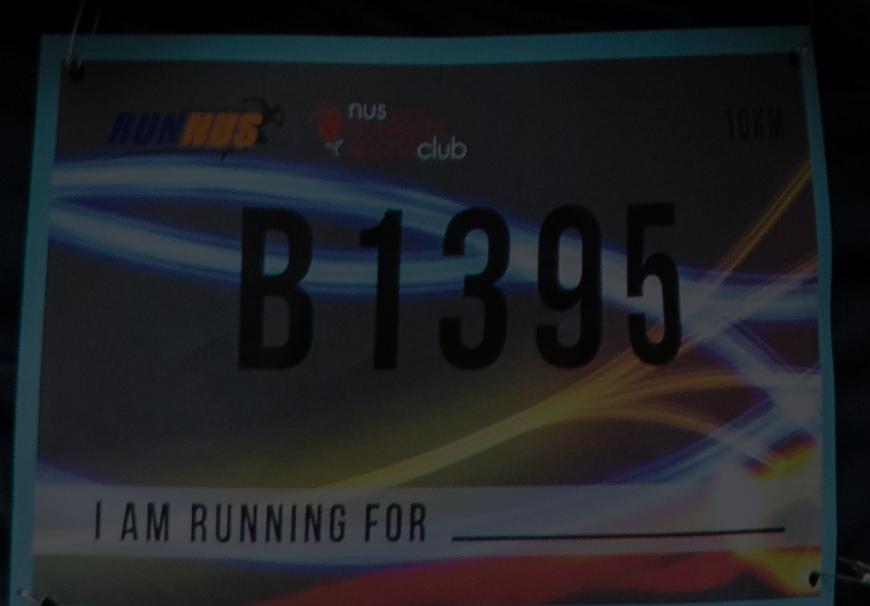
- start
- end
- water point
- first aid
- every 500m mark



RACE ROUTE



RACE ROUTE



RUNWITHUS 3KM CHALLENGE SIMULATIONS

(3KM Participants can choose one of the three challenge simulations provided)

Participants are encouraged to try using our challenge simulations during their race. Just approach our friendly volunteers at the holding area to collect the logistics at 915am!

DIY ANKLE LOAD

Participants will velcro around their ankle a bag secured fully with soil. This is to simulate slower and difficulty in movement due to the added weight.

DIY SPLINT

Participants will tie a splint to the back of one leg (it should cover the back of the knee). This is to simulate difficulty in bending knees which affects mobility.

BLINDFOLD

Participants will be paired for this simulation. Person A will put on a blindfold to simulate loss of vision. Person B will then guide Person A through the route. The pair can exchange roles at any point throughout the run/walk.

PROGRAMMES

0700
10 KM Flag off

0800
Opening of Carnival

0905
RunNUS x Bicentennial
Speech by NUS President

0930
3KM Flag off

1100
Lucky Draw

0630
Baggage Deposit

0730
15KM Flag off

0900
Speech by Dr
William Tan

0915
Prize Presentation
for 10KM

1030
Prize Presentation for
15KM

1130
End of Carnival

FLOW OF EVENTS



Register



Baggage Deposit



Race Brief



Start of Race



Collect banana



Collect Finisher Medal



Finish



Collect Hydration



Collect finisher shirt
(15KM only)

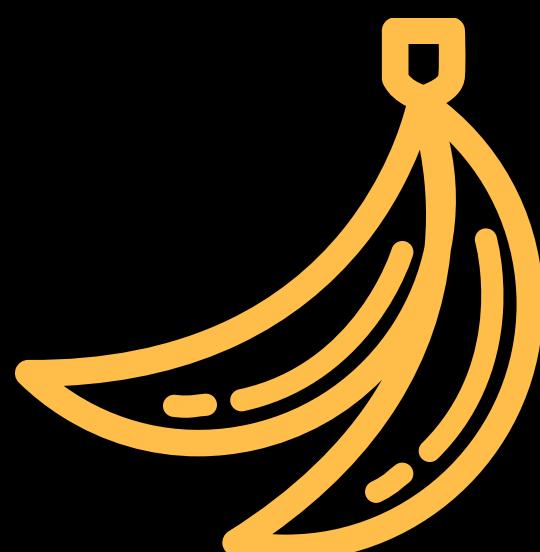


Carnival



Prize Ceremony

RACE TIPS



HAVE A LIGHT BREAKFAST

Load up on energy to finish the race! Do have a light breakfast at least an hour prior to your flag off time.

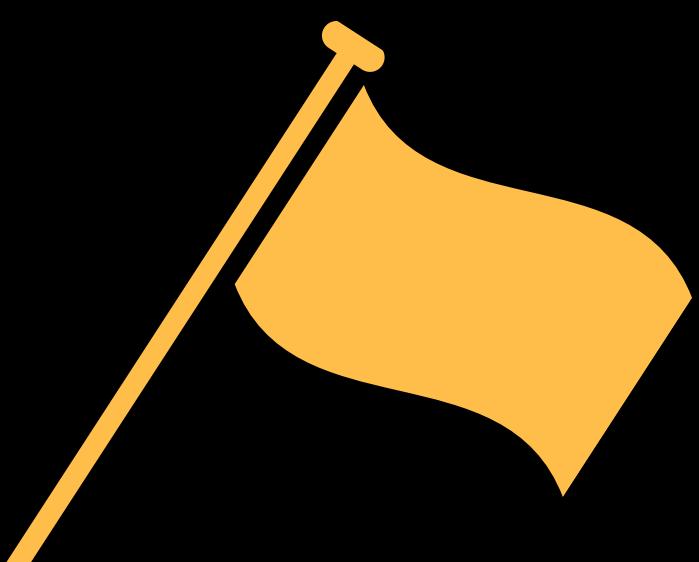
RUN GREEN

Runners are encouraged to throw their waste into the respective recycling bins placed along the running route and Carnival.



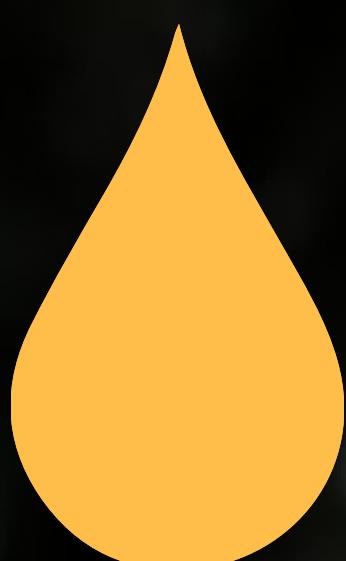
AT GUN-OFF AND FLAG OFF

Runners are to line up from the Start line based on their wave timings. Do be considerate when in groups and try not to block other runners or people on the pavements.



BE CAREFUL AT WATER POINTS

Water points can be crowded and chaotic. If you are slowing down or stopping, do check that there is no one right behind you.



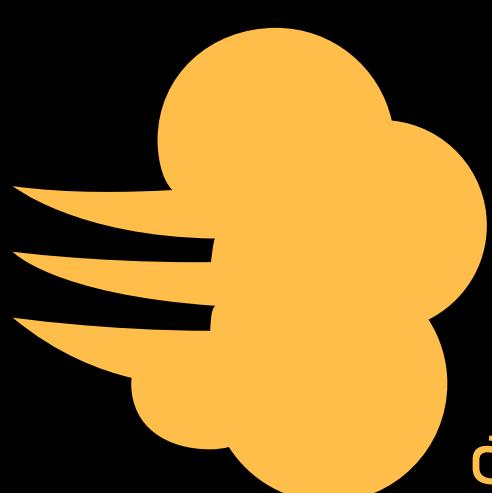
KEEP OFF ROADS AND WATCH OUT FOR VEHICLES



Runners are advised to run on the pedestrian pavement at all times and avoid running on the road. Do cross the road with care as well.



RACE TIPS



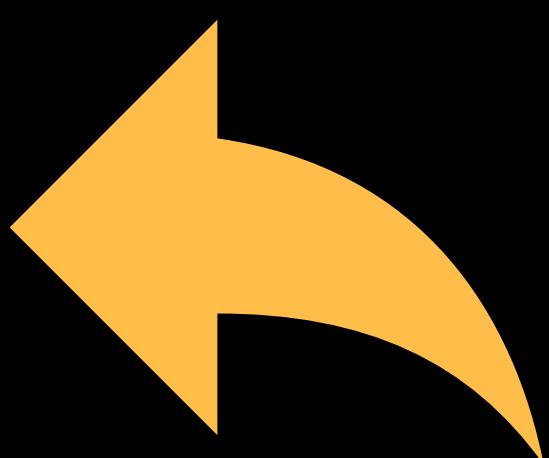
KEEP MOVING AT THE FINISHING LINE

Do not stop immediately at the finishing line or near the chute. There are runners coming in behind you so keep going until it is safe to stop.



BE MINDFUL OF OTHER PARTICIPANTS

Do not push and be considerate when sharing running paths.



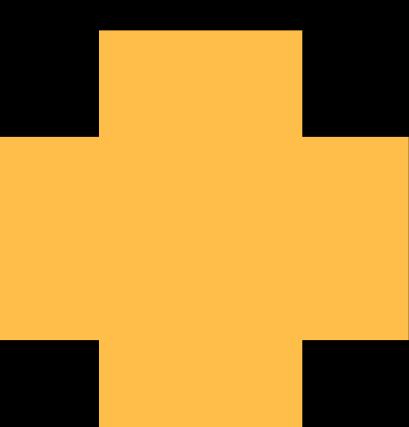
KEEP LEFT

Keep left at all times, stay on the right only when you are overtaking others.



BE CAREFUL WHEN OVERTAKING

When you overtake, allow a few metres before you try and pull in. Do not cut straight in front. Slow down at blindspots - watch out for other incoming runners.



IN AN EVENT OF EMERGENCY

First-aiders and ambulances nearby on standby. Refer to the route map for the locations of the ambulances. If unable to contact nearest marshal in time, call 995 and inform the marshall

RACE ADVISORY

NOT FEELING WELL? PLEASE DON'T RUN

Runners who are feeling unwell on race day are strongly encouraged to not participate in the race. Should you require any assistance, please visit the medical points (refer to site layout).



HAZE ADVISORY

The race will be cancelled should the PSI exceed 100. Should the race be cancelled, all runners and volunteers would be informed immediately via email, official RunNUS Instagram and Facebook page within the hour. Further arrangements will be made for runners to collect their finisher entitlements.



TRAVEL LIGHT AND BE PUNCTUAL

Runners are advised to travel light and plan their reporting time to avoid delays.

HOW TO GET THERE

1. Shuttle Bus Service

Shuttle services are available to facilitate your travel to the venue.

Time: 0600

Locations:

Bedok MRT (\$6)

Bishan MRT (\$6)

Sengkang MRT (\$6)

Jurong East MRT (\$6)

*Tickets can be bought on-site at the shuttle bus pick-up location.

Do email us at admin@runnus.nussportsclub.org to reserve a spot as seats are on a first-come-first-serve basis.

2. NUS Internal Shuttle Bus

From Kent Ridge MRT, take Service D2 and alight at University Town.

*Note that Internal Shuttle Bus service only starts at 9am on a Sunday.

HOW TO GET THERE

3. MRT & Bus

From Clementi MRT, transfer to SBS Transit No. 96 at the Clementi Bus Interchange. Alight at Bus Stop 1D 17099 (Aft Dover Rd). Walk approximately 8 to 10 minutes to UTown.

From Clementi MRT, take Exit B and walk to Bus Stop 1D 17179. Board Bus 183 (towards Jurong East Temp Interchange). Alight 3 stops later at Bus Stop No. 17099 (Aft Dover Rd). Walk approximately 8 to 10 minutes to UTown.

From Buona Vista MRT, take Exit D and walk to Bus Stop 1D 11369. Board Bus 196 (towards Clementi Interchange). Alight 6 stops later at Bus Stop No. 19059 (University Town). Walk approximately 5 to 8 minutes to UTown.

Other bus services:

From Buona Vista MRT: 196

Along Clementi Road: 151

Ayer Rajah Expressway (Dover 1TE): 97, 197, 198, 963

For information regarding the start time of the different public bus services, visit SBS or SMRT.

Please be informed that the other bus services mentioned may require transfer of buses or walking to the UTOWN Green.

HOW TO GET THERE

4. By Car

- a. By GPS (Town Green postal code: 138607)
- b. Runners are strongly advised NOT to drive down to the event location due to limited parking space.
- c. Parking charges may still apply.
- d. The carparks nearest to Utown are as follows:

Carpark 3A: Lee Kong Chian Natural History Museum

Carpark 4: Raffles Hall

Carpark 5: Sports and Recreation Centre

Utown Carpark

For more information, visit: bit.ly/parkinnus

5. Bicycle

- a. Where there is a dedicated cycling path.
- b. Please park bicycles at designated spots

GENERAL INFORMATION

MEDICAL POINT:

If you are feeling unwell, please visit the Medical Point located beside the finishing line.

INFORMATION BOOTH:

Seek assistance from the information booth located at the 1st level of the Stephen Riady Centre (SRC), beside NTUC.

*For participants who have yet to collect their race pack, kindly proceed to the registration booth during the race day with your IC / matric card to collect.

GENERAL INFORMATION

ENTITLEMENTS:

- Finisher Tees will be given out at the finishing point.
- Each runner is entitled to one set of end race entitlements.
- For 10KM and 15KM runners, present your bib to the volunteers and indicate your shirt size as ordered.
- Sizes of Finisher Tees are on a first come first serve basis.
- Exchange of Finisher Tees are not permissible but mutual swaps between runners are allowed.

INCLEMENT WEATHER ADVISORY

BEFORE
EVENT:

- Continue to proceed to event ground.
- Runners are advised to seek shelter
- Announcements will be made at the event ground should there be any delays
- Should the bad weather persist past 9.30am, the race will be cancelled

DURING
EVENT:

- All runners are to comply with any standing instructions provided by the marshals and/or Organisers and seek cover in the nearest shelter
- Organisers will issue further instructions for the resumption of race
- Waves that are yet to flag-off may be delayed for 30 to 60 minutes and runners will still be competing within their own categories
- Prizes of the affected categories will be awarded as lucky draw prizes for the respective categories

CARNIVAL



SIMULATION GAMES

COME HAVE A TRY AT OUR
SIMULATION GAMES
BOOTH!

FUN GAMES

JOIN THE FUN WITH
CARNIVAL GAMES SUCH AS
RING TOSS.



FOOD

WITH FREE FLOW POPCORN
AND MUCH MORE, COME JOIN
THE CARNIVAL FUN!



EDUCATIONAL BOOTH

FIND OUT MORE OUT THE
DISABLED AND THOSE WITH
SPECIAL NEEDS.

STAMP CARD



STAMP CARD FOR **RUNNUS**



Visit the education booth for a **BONUS STAMP** to get an additional spin!

Instructions: Complete a row [5 chops] to redeem a free food item from the RunNUS 2019 Carnival. You can only redeem one food item per card. The completion of 2 rows [10 chops] would entitle you to a lucky spin.

An additional spin would be awarded when you visit the education booth. Good luck!

- Have a try at our carnival games as well as simulation games to collect stamps to redeem your food!
- Complete both rows to get a chance at our lucky spin!

PAR-Q FORM

Are You Sports Safe?

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

check: YES or NO

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

1

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

YES

NO



2

Do you feel pain in your chest when you do physical activity?

3

In the past month, have you had chest pain when you were not doing physical activity?



4

Do you lose your balance because of dizziness or do you ever lose consciousness?



5

Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?

6

Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

7

Do you know of any other reason why you should not do physical activity?

B1395

I AM RUNNING FOR _____

SPONSORS

Official Hydration:



Official Sports Tape:



Official Photobooth:

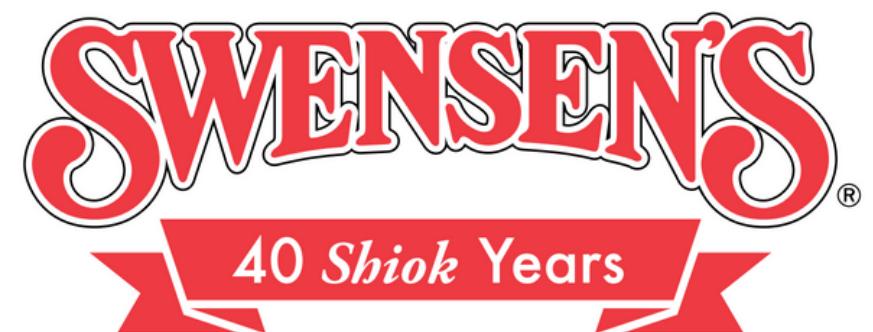


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SINGAPORE



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GENERAL ENQUIRIES



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